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**ABSTRACT**

The invention relates to an insole for footwear. The insole comprises a top foil and a bottom foil in between which a number of cavities are formed containing liquid or gel. The top foil and/or bottom foil are equipped with fabric which in the plane of the fabric has a tensile strength that is higher than the tensile strength of the top and/or the bottom foil. Thereby, the fabric prevents creep of the plastic of which the top foil and/or the bottom foil usually are made. Preferentially, the fabric is joined with the foil such that the fabric extends on the outside or at least to the outside the foil. Thereby, the fabric constitutes a layer between the sole and the bottom of the footwear and, respectively, between the sole and the foot or the sock/stocking on the foot. Thereby, it is possible to select the frictional conditions such that the sole lies firmly in the footwear and such that the foot slides easily on the sole in order to reduce the formation of heat to the foot as a result of friction.